

General Aging in Intellectual and Developmental Disabilities

Understanding Age Related Changes

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Massachusetts Dept.
of Developmental
Services (DDS)

Produced on behalf of DDS by the Center for Developmental Disabilities
Evaluation and Research (CDDER)



“SOMETHING’S DIFFERENT”



Understanding AGING is all about understanding and recognizing CHANGE



Assessing Change Over Time



Evaluating Change in Adults with IDD

- ❑ History, history, history
- ❑ Specific challenges to history taking:
 - ❑ Who's the historian?
 - ❑ High staff turnover
 - ❑ Lack of longitudinal relationships over the lifespan
 - ❑ Medical record keeping is inconsistent
 - ❑ Lack of accuracy of underlying IDD diagnosis



General Approach to Assessing Change

- ❑ Establish a historic baseline
 - ❑ Basic function: self care skills
 - ❑ Skills: academic achievements, employment, household chores, talents
 - ❑ Memory
 - ❑ Behavior
 - ❑ Language Abilities
 - ❑ Personality
 - ❑ Mood

Point “A”



Assessing Change

- Once Point “A” is established (baseline), generate a description of the same domains observed currently
- Then compare and contrast the differences...

Point “B”



IMPACT OF AGE-RELATED CHANGES



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BASELINE

CURRENT

Function

Independent in all self care

Needs assistance with bathing and dressing

Skills

Worked competitively, could read, write

Work is declining, considering transfer to day hab

Memory

Excellent memory for names, birthdays, phone numbers

Forgetful of daily schedule, unable to learn new names of staff



Behavior

Occasional acting out when didn't get what he wanted

Aggressive at times of self care, attempting to hit staff

Language

Very good expressive and receptive skills

Word finding difficulties, speaks in phrases

Personality

Charming, loves people, loves social activities

Less outgoing, prefers to spend time in his room

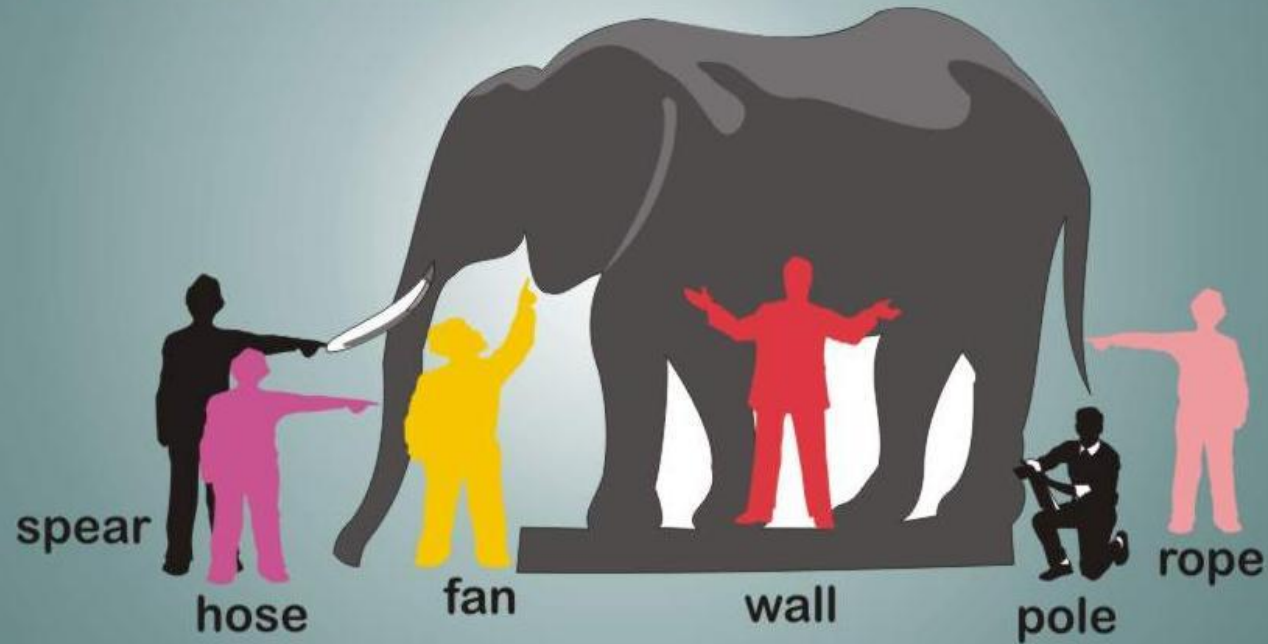
Mood

Generally happy, upbeat, easygoing

Moody, more quick to anger



THE ELEPHANT METAPHOR OF REALITY



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Additional Webinars on Aging with IDD

General Aging in Intellectual and Developmental Disabilities

- ❑ Understanding Age Related Changes
- ❑ The Role of Polypharmacy
- ❑ Identifying and Assessing Pain
- ❑ Behavior Related Changes and Aging in Adults with IDD
- ❑ Health Promotion and Aging in Adults with IDD
- ❑ Mobility and Aging in Adults with IDD
- ❑ Aging with Down Syndrome
- ❑ Aging and Cerebral Palsy

Dementia and Intellectual and Developmental Disabilities

- ❑ Introduction to Dementia and Aging with IDD
- ❑ Early Evaluation of Dementia and Alzheimer's Disease
- ❑ Stages of Alzheimer's Disease
- ❑ Applying the Knowledge to Dementia Caregiving and Caregiver Support
- ❑ Caregiving in Action: Case Studies and Practical Tips



Additional Aging with IDD Resources

Massachusetts Department of Developmental Services (DDS)
www.mass.gov/eohhs/gov/departments/dds/aging-with-id.html

Center for Developmental Disabilities Evaluation & Research
http://shriver.umassmed.edu/cdder/aging_idd_education



***Training produced by the
Center for Developmental Disabilities
Evaluation & Research (CDDER) on behalf of the
Massachusetts Department of Developmental Services
(DDS)***

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